be. The reinforcers to be described are usually social such as approving words, cues or actions by others.

(16) Attention to reinforcing positive experience of new behavior. In order to modify the attentional patterns of the patient, direct the patient's attention to the details of the phenomenological experience of the reinforcing stimuli related to the new behavior. With reference to the over-eating example, notice the subtle and delightful flavors of vegetables, breads and pasta.

(17) Specify new self concept. Enumerate the physical, social, emotional and intellectual experiences that are part of the positive self concept. With reference to the over-eating example and the resulting obesity, describe the attractive physical look of the body, the ability to effectively participate in sports, the condition of being healthy, of being able to wear attractive clothes, of social acceptance, of approving of self.

(18) Initiation of new self concept. Describe in detail the experience phenomenological experience of the new self concept. With reference to the over-eating example, the patient images looking at himself or herself in the mirror and admiring the attractive thin body, feeling how lively and athletic he or she is, or going to social events and seeing others admiring the patient's attractive look.

It should be mentioned that the therapeutic altered state of consciousness produced in the patient is similar to a state known as Rapid Eye Movement (REM) sleep, although unlike in REM sleep the patient is fully awake. However, the physiology of the patient approximates that of sleep and the patient has clear dream-like imagery that can be directed by the patient to issues of concern. The patient is asked to remember a specific undesirable, usually traumatic, event while watching the lights, for example, for 100 to 1000 cycles. The patient relives the event in the dream-like state. The effect of the treatment is that the memory of the event will remain but the affect is striped away so that recalling the event will no longer cause undesirable emotional arousal. When by either the physiological measurements or clinical observation of the physiology of the patient, the patient is no longer autonomically aroused, the therapy session directed to that particular traumatic event is concluded.

Furthermore, clinical evaluation of the psychotherapy method indicates that presenting the patient P with subliminal visual and auditory stimuli may accelerate this method of therapy. The state of consciousness produced by the psychotherapy apparatus and method of the present invention makes the patient more open to the effects of subliminal stimulation. The verbal subliminal portion of the auditory stimulation is embedded in the music that the patient listens to through the headphones **28**. The visual information flashed on the screen of the video display monitor **32** spanning between the banks of lights **20** that the patient is watching is the subliminal portion of the visual stimulation. The computer **46** triggers the monitor **32** at the moment the light moves from one side of the patient P to other side. That is judged to be the time when the patient's eyes are tranversing the screen of the monitor **32** to receive the visual subliminal information flashed on the screen of the monitor **32**.

It is thought that the present invention and its advantages will be understood from the foregoing description and it will be apparent that various changes may be made thereto without departing from its spirit and scope of the invention or sacrificing all of its material advantages, the form hereinbefore described being merely preferred or exemplary embodiment thereof.

Having thus described the invention, what is claimed is:

1. A psychotherapy apparatus for treating undesirable emotional arousal of a patient, comprising:

(a) means for presenting visual stimuli so as to be observed by a stationarily-positioned patient substantially at predetermined opposite extremes of the patient's range of eye movement;

(b) means for presenting auditory stimuli to the ears of the patient; and

(c) control means connected to said visual stimuli presenting means and to said auditory stimuli presenting means for operating said visual stimuli presenting means to movably alternate the visual stimuli between the predetermined extremes of the patient's range of eye movement and for operating said auditory stimuli presenting means to movably alternate the auditory stimuli between the patient's ears.

2. The apparatus of claim **1** wherein said control means is for operating said visual stimuli presenting means and said auditory stimuli presenting means to move the visual stimuli and auditory stimuli in a predetermined coordinated synchronous relation with respect to one another.

3. The apparatus of claim **1** wherein said visual stimuli presenting means includes a bank of lights adapted to be located at each of said predetermined extremes of the patient's eye movement.

4. The apparatus of claim **3** wherein said control means is for operating said visual stimuli presenting means to alternately blink said lights of said banks back and forth between said predetermined extremes of the patient's eye movement.

5. The apparatus of claim **1** wherein said predetermined extremes are right and left lateral extremes of the patient's lateral eye movement.

6. The apparatus of claim **1** wherein said auditory stimuli presenting means includes:

means for generating a sound; and

a pair of headphones adapted to be worn over the ears of the patient, said headphones for operating to receive the sound and transmit the sound to the patient's ears.

7. The apparatus of claim **6** wherein said control means is connected between said sound generating means and said headphones and is for operating said sound generating means to alternately switch the sound being transmitted through said headphones back and forth between the patient's ears.

8. The apparatus of claim **1** further comprising:

means disposed between said predetermined extremes of the patient's range of eye movement for displaying visual information toward the stationarily-positioned patient.

9. The apparatus of claim **8** wherein said control means is connected to said displaying means and is for operating to cause said displaying means to display the visual information in a predetermined pattern.

10. The apparatus of claim **8** wherein said displaying means includes a video display monitor adapted to be disposed between said predetermined extremes of the patient's range of eye movement.

11. The apparatus of claim **8** wherein said displaying means includes: